



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Seidel, Jörg

Club: Bakerboys Bad Langensalza

Number: 481

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M40 (40-49 Jahre)

Total time: 22:12

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 282 (of 477)

Rank in course/Men: 218 (of 315)

Best time in course: 12:17

Rank in category: 50(of 67)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:48	5:24	32	4:01	175	4:48	2.00	10:48	5:24	11		143	4:48
Leichtathletikhalle	2.00	11:24	5:42	53	4:19	246	5:10	4.00	22:12	5:32	50	8:20	218	9:55